

How I Beat ANXIETY

+ FREE REPORT +

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* IMPORTANT*
HOW TO USE THIS REPORT

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You are invited to pick and choose from the concepts and ideas offered, discarding any that do not resonate with your existing beliefs and personal philosophy. Absorb and utilize what best serves you; set aside the rest. Above all, be safe and well.

Use good judgment and take care of yourself.

“The energy of the mind is the essence of life.”
— Aristotle

1 – HOW I DID IT

There is a reason why anxiety remains one of the most prevalent ailments in today's world. Anxiety affects roughly 40 million adults, according to the National Institute of Mental Health, making it the most common form of mental illness in America. One fair explanation of *anxiety* is that it is a response to some triggered fear of loss (in any of its myriad forms), which can lead to the perceived inability to feel safe or to make desired change in life. *Frustration* is one result of prolonged feeling of powerlessness to create desired change. *Depression* is one biological response to prolonged frustration. The good news is that anxiety can be beaten. I know this fact from first-hand experience and from the many individuals whom I've assisted over the years since discovering the one *weird trick* that gives people back control of their lives.

One weird anatomical fact about how the brain processes aroma set me on the path to rapid relief from my crushing anxiety and worry. I had tried traditional therapy, medications (legal and otherwise), hypnosis, alternative methods and self-help products by the dozens; nothing helped for more than a few minutes. Nothing lasted. Suddenly a little lemon slice set me free from the crushing grip of anxiety, worry, and abnormal physical reactions. My liberating relief took place in 2005 and has not returned since

that time. Believe me, long lasting freedom *feels fantastic!*

But, I want you to know HOW I broke the back of crushing anxiety before I share with you the back story and the science behind why it worked for me.

THE STEPS THAT HELPED ME

This will be the very first time I have taught my method without first explaining the back story or citing the science that explains why it works for most people. THANK YOU for affording me this opportunity to share with you. There are reasons for the steps that I include. If you are curious as to WHY this technique and my other 900 + techniques do what they do, please message me on Facebook (AromaNetix by Douglas Myrick), or send me an email at AromaNetix@gmail.com.

OK, the steps.

First, you will need a SAFE, pleasing aroma of some sort. In 2005, that very first day, I used the peel of a freshly-sliced lemon; but, most any safe fragrance will do. Some people use essential oils, fresh chewing gum or candy; perfume; scented lotion; unlit scented candles...just find something safe that you can sniff as directed. *WHY aroma?* Ask me later about why it works when it does. *Too curious to wait?* Aroma, used one certain way, is the direct backdoor to your subconscious mind, via the amygdala. OK, back to it...

Next, you will need a pen and paper to write a few words and

numbers upon as directed. This step just helps you see where you were and what progress you made in a few minutes' time.

Then, understand that you do not have to know what is triggering your anxiety response in order to interrupt the signal (and reduce the symptoms). This may seem unusual to you at first, but you don't have to know your triggers. I didn't know my specific triggers back in 2005, but I knew that for twelve years prior to that my symptoms ate away at my life. If you know your triggers, or some of your triggers, that can help, but it isn't entirely necessary at this time.

Next, Make sure you are in a safe environment that is free from distraction. Do not attempt this exercise while operating machinery or doing anything that requires your attention. You know what I mean, here. Be safe.

And then, Time. You'll need about ten minutes or so the first time you try this out. You may need to run this exercise ten times, one time, and maybe every week for life...different folks experience different results. Do not give up if your intensity rating only drops a few numbers.

My What? Using the pen and paper, please write down a number that accurately reflects how badly your anxiety bothers you: zero means (calm, now...I feel much better) all the way up to ELEVEN, which means (extreme emotional upset and intensity...argh!!) My emotional intensity scale used to only go to ten, but after ten years of volunteers saying "ELEVEN!!!" I changed the scale...lol.

Now What, Douglas? Once you have written down your "BEFORE" emotional potency rating you will need to

familiarize yourself with your chosen reduction technique (there are hundreds of them in boxes in my garage...I'm including here the very same one I used back in 2005).

Glance over the generic technique template.

This technique uses aroma to directly process the emotion bank of the subconscious mind WITHOUT hypnosis...all while wide awake and in complete control. Neat, huh? That's what aroma lets you do when you use it correctly. I call this mind stuff "AromaNetix", by the way.

You will be invited to use your imagination to visualize a trash can. The can symbolically represents all the bad feelings that come up as you think about your anxiety response (or any other bad stuff from today or the past). Your powerful subconscious mind, which I call the "Deep Mind", only communicates in emotion symbols. So...to do something about that anxiety you have to translate your relief commands into the language of your deep mind: symbols.

The trash can can be an emotionally-charged symbol to hold all of your negative, painful emotions and trauma. Place your pain in the can. You see, only when we GIVE FORM to our hurt can we finally whack away at them and reduce them down, down, down. You can beat a pillow, but you can't beat worry. Worry only takes "form" when you stuff it inside an imagined symbol. THAT is precisely why we use the trash can.

OKAY, enough narrative Douglas.

Let's USE this stuff!

THE TRASH CAN STOMP reduction technique

Having written down a “BEFORE” emotional intensity score, please keep your selected aroma handy for gentle aromatic breathing (lightly sniff when directed).

Begin with ten slow, cleansing breaths (and aroma): breathing in the nose to the count of four; exhaling through the mouth to the count of six, or as best you may. Cleansing, relaxing breaths help to downshift your powerful mind for just a moment, letting it know some relief is on the way.

In your mind's eye, where we pretended as children, please picture a bright, sunny day. There is a gentle field, and before you is a metal trash can filled to overflowing with foul, disgusting garbage. Look at the horrid mess oozing from the trash can. Imagine the awful stench of rotting veggies, putrid meat, bloated roadkill; that disgusting, nasty trash can represents (just for now) how you feel when you think about anxiety or any other upsetting circumstance you presently face. See that can, feel those feelings.

In your mind's eye, move back fifty feet from the awful trash can—giving yourself distance; room; emotional and physical space. Walk it back...more....more. Give yourself the gift of distance.

Now, please take in seven deep, slow, aromatic breaths, and once finished please FIRMLY declare (or think) the following sentences as you exhale:

“I don't have to take back more control...but I JUST might!”

“It's not necessary to feel safe and sound, but I might try!”

“I decide when to feel more and more relaxed, today or tomorrow!”

“I can choose when to take back my power, and I JUST might!”

“I don't have to release and heal just now, BUT later I might!”

“Because I can choose to embrace love, healing, and acceptance NOW!”

“Because I can begin to deserve greater love, purpose, and passion!”

“Because I can love and accept myself deeply, truly, and fairly!”

“Because the final chapter hasn't been written; I HOLD the PEN!”

“Because I'm worth it! DAMNIT, I am so worth it!”

“Because I embrace the value and worth of a compassionate person!”

"Because I can decide when to feel better and better; more and more."

"Because I can. Because I might. Only I get to decide, now. YES!"

Now the fun begins...

In your mind's eye, imagine a giant, heavy workboot suspended directly over the trash can; held up only by your powerful will and a silvery thread. Because you are now resuming more and more control, you get to decide when the boot comes crashing down, down, down upon that filthy old trash can. Smashing that nasty, old stuff from the past, fast! You get to choose when to loosen the thread and send that massive, heavy workboot down to stomp, stomp, stomp that silly old trash can flat as a pancake.

Please go ahead when you're ready.

As it stomps, slap a HUGE, silly grin on your face to let that old can know who's finally the boss: Y-O-U. Powerful YOU. Strong YOU. Unstoppable YOU, just now beginning to feel that relief can happen when you're ready. Steady, now...let that giant work boot go to work on your old trash can. Set that trash out to the curb, metaphorically speaking. Be done with the trash. It's trash day, and isn't it really time you started to release that old garbage---a little more and more with each

powerful breath? You now get to choose. You now get to take back the power. You decide from now on, and I'm glad!

When you decide to finally stop the grinding, stomping boot, take a look at the trash can, now? See a difference? Feel a difference? Quickly...lock in that better feeling with eleven...eleven slow, cleansing aroma breaths. As you breathe in, please make a powerful, defiant fist and shake it in the air. Shake that strong fist. Breathe in healing. Breathe out confidence. Power. Control. Wisdom. Knowingness. Certainty. *You are so worth it!* Believe in the beauty of YOU.

Okay...we're almost done.

If you still feel like stomping the old trash can, repeat the preceding step until you feel much better. Remember, only Y-O-U gets to decide from now on. You are a Rockstar! Live it.

When you've had enough stomp, stomp, stomping fun, please allow the boot and trash can to simply vanish. Clear your mind. Relax your senses and return your awareness to presently place and reality. Please look around you and identify five objects by name: there is a carpet; there is a lamp, that sort of thing.

Lastly, please finish your affirmations and aroma breathing:

just take in a slow, aromatic breath...and then speak powerful statements of positive, uplifting help. Speak as many

statements of power as you wish. After all, you're back in control, and I love that!

Some ideas, merely for example:

"I can choose when to accept and love myself fully, and you know what? I JUST MIGHT."

"It's not important right now to feel better and better with each breath, but I might."

"I can allow myself to feel safe, aware, loved, and protected."

"I can choose to forgive a little when I'm ready. Now, only when I'm ready."

"God's love flows through me in healing rivers of peace and light, and I like it!"

THE VERY LAST STEP in this technique:

Once you have locked in your new, better feelings through aromatic affirmation, quickly wrap up this session by thinking back to the number scale (0 – 11). Consider your feelings now, and from extreme eleven all the way down to calmer zero, write down your new number beside the first one. Be sure to write it down.

Please take a clarifying moment to compare both numbers. Did your emotional intensity rating go down?

If so, great! You are an individual who can use these AromaNetix techniques. Once your number falls below a "2" you can notice your anxiety response can begin to subside. Sometimes the change is immediate (mine surely was), and sometimes the change takes repeated use of various types of reduction techniques. But look at your numbers. Change is possible.

**** More techniques ****

WANT A FEW MORE free reduction techniques ??

Since 2005 I have been blessed to serve many people from all over the globe, teaching this funny mind stuff that I stumbled across years ago in a college anatomy class. Many people are waiting for this information as I type this raw, unedited paper, so I will close by pasting in a few other great techniques. Customize the wording to fit your specific, unique belief system and circumstance. Use what resonates with you, and toss out what doesn't serve you. What matters to me is Y-O-U. May God bless and enrich you, always and in all ways, my friend. Please add me on facebook and keep in touch?



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Want Private, confidential services? Message me.



**** Keep scrolling...THIRTY more techniques below! :) ****

The following interesting AromaNetix techniques are an assortment I found this morning while quickly drafting this anxiety-reducing paper. Use what resonates with you; discard anything that does not serve your beliefs. I respect you and want you to feel comfortable. Where you see (XYZ) that simply means insert whatever issue or challenge you are working on during that particular time. :)

Enjoy!

- Douglas

Technique #2 The Lemon Reduction

Please take a moment to run a potency rating on your problem, issue, or challenge (XYZ) that you wish to process down using this reduction

technique. Be sure to jot down your rating for later comparison.

In your mind's eye, picture a giant, yellow lemon. See the dimpled pores within the lemon's peel? Notice the fruit company's sticker on the side of the lemon—someone forgot to peel that off. See how the ends of the lemon are tapered...it looks like a yellow football. Why not go ahead and imagine the lemon turning over and over, like a football, toppling end-to-end?

Please picture TWO lemons, each moving around as you see fit. You're becoming more and more in control again, and please picture FOUR lemons, now...each moving independently of the others. Some roll, or wobble, or topple, or spiral. You're in control, so only you can decide how each lemon moves.

Please take in five deep breaths, and with each inhalation please sniff your chosen aroma. Remember, the aroma *locks in* to your subconscious emotion bank each step of your progress, so be sure to never skip this crucial task. As you exhale, please say or think:

*“I **don't have to** let go of these feelings just now, **but... I might...**”*

You see, it isn't necessary at this time for you to begin to feel better and better about your XYZ issue. In fact, you aren't obligated to continue feeling bad about it at all, but sometimes people do so. You are in control, after all, and if feeling much better is something you'd be interested in experiencing, by all means take the lead.

Please keep one of the lemons and make the other three vanish however you see fit to imagine it. The lemon you've decided to keep can represent how it feels whenever you feel more and more free; more and more at ease; calm, centered, focused; relaxed. The lemon has another meaning, you know?

Picture a freshly cleaned home after a long, hard winter. The springtime air is crisp and inviting. The windows are lifted open, and a gentle, fragrant breeze softly blows through the home—blowing away the winter's dirt and making room for the clean, refreshing feelings of sunshine and lemony zest.

Isn't it remarkable how lemon juice can smell clean and refreshing?

It's okay to begin to feel more and more at ease. Clean and refreshed, like a wind-swept home in the springtime. Pushing out the old dust and dirt from the past and making room for the healing sunshine to enter in. It can help to slap a huge, silly grin on your face.

Please take ten slow, deep, and cleansing breaths—each with aroma—and, as you exhale please say or think: ***“I really don't have to wait any longer to feel better, now...”***

After all, you're in control—and that feels better.

*Be at peace; clear your mind and relax.
Look around you. Touch something.
Understand that you are whole. Allow your
awareness to return to the present place,
time, and orientation. Be free.*

END of Technique

Technique **#3**
Freeze/Shatter/Melt

Take a “before” potency rating, and jot the number down for later comparison. Think about something you need to reduce away. Maybe a bad feeling, painful memory, or emotionally potent situation. Let's call it **XYZ** to keep the processing simple.

In your mind's eye, that theater of the mind where we played as children, please create a large pitcher of water. The pitcher is filled to the top with crystal clear, pure water. Touch the water and feel how it can feel to touch purity and cleanliness. Good.

Next, pour into that water all the negative emotions that come up regarding XYZ. Allow the water to turn dark and cloudy; thick and vile. Please place the overflowing pitcher of nasty water on the ground, then step back to a place of safety where you may still observe the pitcher. Because you're in control, at some point in the next ten seconds please say or think the word: **“NOW!”**, and cause that water to freeze into a hard block of ice.

Because you can choose to be in control please imagine a large hammer suspended directly over the block of

nasty, darkened ice.

You already can guess what is going to happen, next. Please cause the large hammer to smash the ice into hundreds of little ice chunks—smashing it over and over again. Next, please take ten slow, deep, cleansing breaths (with aroma as you inhale), and release all muscle tension and tightness...shoulders hang and become loose; relaxed.

Look at the smashed ice and imagine that the chunks of ice all instantly melt back into a sloppy, watery puddle. Picture a large wooden spoon stirring and mixing up the water, stirring it more and more; pour into the water the sublime Light of perfect Love and forgiveness. Stir the mixture and begin to see how the water is transformed from darkness into light; from unclean into clean?

FEEL the release as perfect love and perfect trust begin to wash away the unclean darkness and decay of XYZ.

Please take in **seven** cleansing breaths (with aroma as you inhale),

and speak or think: *"I get to decide when to finally let this pain go, more and more, and I'm so glad!"*

Allow a big, silly grin to wash over your face, and imagine how it could feel right now to be covered by the healing power of divinity working in your life, today. Feel how it can feel to be washed clean; to know perfect love and perfect acceptance.

Best of all, you get to decide when to feel these wonderful, life-changing feelings any time you choose. Maybe even now.

Please clear your mind; keep what is useful for you. Touch something nearby and re-orient your awareness to the present place, time, and surroundings. Allow yourself to relax and feel whole.

*Well done! ***ENDS****

Technique #4 Eyes of a Hero

Be sure to take a “*before*” potency rating, and jot down that number for later comparison. Thanks, and good luck!

Picture a hero, any hero. Your hero can be someone from present day, or from the past; someone of historical significance or someone totally imagined. Empower your visualized hero with uncommon goodness and heroic courage.

“Pop” out of your body and slide into the body of the hero. Look out through the hero's eyes and see yourself, your worries, and your XYZ challenge. Consider how the HERO would feel about your challenges; what strategies could she or he create to overcome the challenges of XYZ? Think about ways that the hero could handle your XYZ situation or issue. FEEL the sense of courage, creativity, and certainty that your hero feels as she or he carefully plans how best to overcome XYZ challenge.

Feel how good it could feel to have the assistance of your hero as you battle to overcome XYZ challenge.

Double those good feelings, and take in seven deep, cleansing breaths—adding aroma with each inhalation. Let your muscles tighten with each breath, then immediately go loose and completely relaxed with each exhalation.

Loose and limber...relaxing those muscles more and more...and feeling what your hero feels as she or he prepares to beat that XYZ situation and help you get ahead in life, more and more. Claim it.

See and FEEL how your perspective and strategies can change, when you look through the eyes of a hero. It's okay to smile as you do so, by the way!

Clear your mind and relax. Touch something nearby and allow your thoughts to return to the present place, time, and orientation around you. Well done!
ENDS

Technique #5 The Magic Mirror

Please imagine a mirror hanging on the wall, in a safe, secure room. You are free to look into this beautifully framed mirror, and as you do so you can notice your reflection. Gaze softly into your reflection, into the eyes, and allow a silly grin to wash over your face; playful and silly, no one will know.

Can you recall a time when you felt good about yourself. If so, recall those positive, powerful feelings and double them over and over until they wash over you like a soft, white light. Feeling good about yourself. Deservedly feeling good about yourself. Maybe beginning to feel it; maybe simply pretending to feel it more and more...more and more...and the mind can't tell the difference, so go ahead and pretend in a BIG way. After all, this is all for you.

As you stare into your own eyes, pretend to “pop” out of your body and go into your own reflection. Look back at your self looking through the eyes of your reflection in the mirror. Take **seven** slow, deep breaths—

breathing in a safe, pleasing aroma as you do so—and as you exhale each time please say or think:

“I can learn to see myself, love myself, and be myself.”

Next, looking out from the eyes of your reflection, tell yourself that it's perfectly fine to love yourself; that self-love is like a pitcher of flowing, living water...ever ready in supply to be given to others, as well. When we love ourselves deeply—without conceit—we are better enabled to give love and service to others.

Next, “pop” back in to your body and bring with you all the great feelings of love, confidence, security, trust, and happiness. You deserve love. You deserve every good and perfect experience. Why not thank your mirror reflection for this great gift; the gift of emotional healing and uplifting love? Please take in ten slow, deep, cleansing breaths—each with aroma—and with each exhalation please speak or think: ***“I can receive my own love and approval, forgiveness and acceptance; I really can.”***

Be at peace; clear your mind. Look around you. Touch something.

Understand that you are whole. Be free. ***END***

Technique #6 The Push/Pull

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

In your mind's eye, that theater of imagination we used as children, create an apple. Create another apple. Please create two more apples—four in total.

From these four created apples, please select just one to use for this exercise, and cause the other three to quickly vanish in any imaginary manner you choose. After all, *you* are in control.

Having selected an apple to use, please zoom in on this apple and notice the coloration; any imperfections of the peel or stem. Carefully examine your apple, because

it shall symbolically represent the bad feelings that come up against you whenever you think about XYZ. It doesn't have to make sense that the apple now represents those negative feelings about XYZ.

Look at your apple and allow yourself to FEEL those negative emotions, more and more. The apple becomes a temporary symbol for those feelings about XYZ; how it makes you feel; what it does to you; how XYZ affects your life experience.

Next, using your imagination, “push” the apple far, far away (as it goes away, so goes away those bad feelings about XYZ). Next, instantly “pull” the apple back to you. Push away the apple, this time tossing it into the ocean where it sinks down to the darkest depths. Snap your fingers, and instantly the apple returns to you.

Blink your eyes three times, then cause the apple to explode into a hundreds little pieces scattered everywhere! Blink your eyes three more times, and in a flash the scattered pieces reassemble into a whole apple. Notice that the feelings about XYZ aren't quite the same as

before; somehow they feel weaker, dilute. Less heavy.

Please pause and take in **ten** deep, very slow, cleansing breaths—*each while smelling a safe, pleasing aroma*—and each time you exhale please try to relax your shoulders and neck more and more...more and more relaxed with each breath. Breathe in through your nose...and out through your mouth. Your shoulders and neck muscles easily become very loose, limber, and relaxed.

Please visualize your apple again, and choose at some point *in the next ten seconds* to push it into the sun, where it instantly vaporizes into nothingness. You're still in control, you see? You can decide. You can choose.

Next, please choose at some point in the next ten seconds to snap your fingers and pull the apple back to you, fully re-assembled, but the pieces are all scrambled and jumbled up. Nothing quite fits like it did before. The apple is all mixed up, but that's okay. Just because the apple doesn't

feel as strongly as before shouldn't bother you. After all, it only means you can start to feel better and better about that XYZ, when you choose to do so.

Please make the funny apple vanish and be done with it. Next, using one half of your willpower please try to bring back the apple; **however**, using your other half of willpower please RESIST letting the apple return. Oh, strongly desire that the apple come back, now...now...NOW! **But, wait!** Equally RESIST allowing that tired, sickly apple back into your presence. After all, it can't hold you down any longer if you get rid of it, now. Feel the conflict growing within you, as half of your willpower fights with the other in an internal struggle for control.

Because you are in control, go ahead and decide to send that silly apple flying into the sun, and it can't come back. Even if it tried to come back, you could send it flying back to the sun, and after all, it gets weaker with each scorching; soon enough it couldn't hurt you one tiny bit.

*Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free. ***END****

Technique #7 Empowering Deity

Please take a moment to run a potency rating on your problem, issue, or challenge (XYZ) that you wish to process down using this reduction technique. Be sure to jot down your rating for later comparison. By benchmarking your progress you can see AromaNetix working for you in real-time.

In your mind's eye, visualize being in the divine presence of Source (as you may choose to picture such). Enjoy twenty slow, deeply relaxing breaths—safely adding aroma with each inhalation—and please allow your shoulders to relax more and more with each breath.

Beside Source there is a white chair. You are beckoned to sit beside Source and share in divine love and forgiveness. A golden light radiates from the image of Source, pulsing

with healing energy and purest faith. The energy wraps around you and fills you with the perfect peace of Source, healing more and more emotional and physical pain. Source asks you, *“have you learned to love your fellow people?”*

In a matter of seconds, your entire life flashes before you like a three-dimensional, interactive movie. Every incident where you offered love to others is highlighted, and Source laughs with delight because you have genuinely learned to show and receive love. Source does not blame you or judge you for your mistakes; you are given only love and understanding.

Please enjoy ten deep, relaxing breaths—using aroma and relaxing your shoulders more with each breath—while flooding your body and spirit with gratitude and relief. Even if it seems difficult to perform, try your very best to believe that you are worthy of perfect love, perfect forgiveness, and unconditional acceptance. You are loved, deeply and truly, and you already deserve your rightful place in the Great All. Picture your faults, your weaknesses, and your challenges dissolving away in the presence of the Ultimate Expression

of Love and Power: the *Source* of All.

Source speaks to you: *“Together we can do anything. Your challenges are now my challenges, and I have your back. We will win. Let's begin right away; it will be okay. I will never leave you nor forsake you; together we can win. Will you accept my help?”*

Please enjoy seven slow, cleansing breaths—adding aroma and physical relaxation—and dare to have the sheer audacity of unshakable belief that you can win. Dare for greatness! You deserve it.

In your mind's eye see your challenges melting away at the feet of Source, who believes in you and aides you in your work.

Be at peace; clear your mind and relax. Look around you. Touch something. Understand that you are whole. Allow your awareness to return to the present place, time, and orientation. Be free.

END of Technique

<u>Technique</u>	<u>#8</u>	<u>Conversion</u>
<u>Technique</u>		

Take a “before” potency rating, and jot the number down for later comparison. Think about something you need to reduce away. Maybe a bad feeling, painful memory, or emotionally potent situation. Let's call it **XYZ** to keep the processing simple.

Close your eyes.

In your mind's eye, picture a glass of water. Now imagine that the water turns into dry sand. Now imagine that the dry sand turns back into water.

Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words *"More and more...I am feeling in control."*

In your mind's eye, picture a flaming candle. Now imagine that you blow the candle out. Now imagine that the candle becomes lit, once again. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words *"I can choose freedom."*

In your mind's eye, picture a garden filled with all kinds of lush, green vegetation. Now imagine that the vegetation disappears, leaving only the earth below. Now imagine that the vegetation slowly comes back. Take seven slow, deep, cleansing breaths—adding aroma—and as you

exhale slowly say aloud or think the words "*I am free to choose...I get to decide.*"

In your mind's eye, picture a flag blowing in the wind. Now imagine that the flag becomes still. Now imagine that the flag once more starts blowing in the wind. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words "*I don't have to feel in control, but I do...and it feels great!*"

In your mind's eye, imagine a homeless person feeling a stray dog. Now, picture the dog feeding the homeless person. Now, picture a homeless person loving the stray dog. Now picture a stray dog loving the homeless person. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words "*I can go ahead and choose to be free.*"

In your mind's eye, picture an apple. Now imagine that the apple splits into two halves. Now imagine that the apple turns back into one solid apple. Next, slowly cause the apple to vanish, and release it to the winds. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words "*It can feel very good to let go and feel free, whenever I choose.*"

In your mind's eye, picture a block of ice. Now imagine that the ice melts away. Now

imagine that the water instantly refreezes back into a block of ice.

Lastly, mentally toss the block of ice into the sun, where it vaporizes into nothingness.

Release. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words *"I don't have to let go, more and more, releasing more and more, but, I JUST MIGHT, sometime."*

In your mind's eye, picture the healing arms of Source wrapped safely around you. Now imagine how it could feel to turn away from the perfect acceptance and love of Source. Lastly, please turn back and embrace the beauty of Source, once more, and know peace always and in all ways. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words *"I am very loved, always and in all ways, and I'm glad."*

Please clear your mind; keep what is useful for you. Touch something nearby and re-orient your awareness to the present place, time, and surroundings. Allow yourself to relax and feel whole.

*Well done! ***ENDS****

Technique #9 Eyes of a Stranger

Be sure to take a “*before*” potency rating, and jot down that number for later comparison. Thanks, and good luck!

In your mind's eye see yourself struggling with **XYZ**. Picture yourself feeling the negative emotions that come up whenever you struggle with XYZ.

Visualize yourself. Nearby, picture a complete stranger. This stranger wishes you no harm whatsoever; **you are safe**. See the stranger and recall *how it can feel* to look at someone for the first time. Notice your feelings, thoughts and impressions that form as you continue to watch the stranger. Take in three slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: “*I want to see myself the way others see me.*”

As you continue this mental

imagery, imagine that you float out of your body and into the stranger. Give yourself permission to imagine this, and go ahead and do so. Once inside, look through the stranger's eyes and *see yourself through the eyes of a stranger*. Get to know how you look to the stranger; notice his or her first impressions of you. See your strengths, your faults; notice your beauty and imperfections. Feel the stranger's love or hatred of you; feel the stranger's attraction or repulsion. Feel the curiosity or indifference that the stranger immediately forms towards you. Feel any prejudicial tendencies that the stranger may harbor. Take in seven deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: "*I can choose to love and accept myself*".

In your mind's eye, allow yourself to float up out of the stranger and hover overhead, watching the two of you interacting. Imagine the stranger politely introducing himself or herself to you. See yourself befriending the stranger, and *feel how it can feel* to receive acceptance and approval from someone new. *Feel how it can feel* to enjoy acceptance and recognition of

your talents, hopes, and dreams. *Feel how it can feel* for the stranger to meet someone new and interesting. At the same time, feel **both** what the stranger feels AND what you feel. Hold that dual sensation, and trust in it. Take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: “**I deserve acceptance, approval, and respect, and I'm really okay with that.**”

Please clear your mind; keep what is useful for you. Touch something nearby and re-orient your awareness to the present place, time, and surroundings. Allow yourself to relax and feel whole.

*Well done! ***ENDS****

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number.

Technique #10 Vicariation: Friend

In your mind's eye, please picture yourself. Nearby, picture a good friend striking up a conversation with you. *Feel how it can feel* to share a special conversation with a trusted friend. Notice how you use your body

language as you engage in conversation with this trusted friend.

In your mind's eye, use your imagination to float up out of your body and hover directly overhead while you continue to converse with your friend. Notice how it can feel to witness this conversation from overhead? Feel how your friend feels about you as you both share this special time.

Take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"I don't have to release more and more negative feelings from the past, but my friend is here to help me if I do so."*

In your mind's eye, picture a stranger casually observing you and your friend conversing. Use your imagination and float over to the stranger while you and your friend continue your engaging conversation. Notice that the stranger begins to smile a warm, approving smile as she or he watches you and your good friend.

Float down into the stranger and

feel how it can feel to witness two good friends talking and enjoying companionship. Imagine *how it could feel* to witness love and acceptance everywhere through the eyes of a stranger.

Now, float up out of the stranger and go back into your own body. Imagine how it could feel to laugh and enjoy your time with a close, trusted friend. Feel the connection. Now, double those feelings over and over again until they wash all over you, ending in a big, silly grin.

Take in five slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words:

"I claim my perfect right to feel needed and included. My life has meaning to other people, and that's really okay by me."

In your mind's eye, picture two kind strangers striking up a close, personal conversation with one another. Allow yourself to feel their happiness and sense of connection. It's okay to make connections at a deeply human, personal level, and that's wonderful.

Please take in eleven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"We are all one and the same...one life, one love, and one mind. I'm finally breaking free, and it's really okay."*

Clear your mind. Relax and return your awareness to present place, time and location. It is finished. Good. ***ENDS***

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number.

Technique #11 The Vicariation Flip technique

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

Please slowly relax and take in nine slow, deep breaths. Watch for signs of stillness, relaxation, and inner

calmness beginning to appear at various levels of consciousness within you. Feel perfectly free to enjoy the sensations of peace and safety; you are very important.

Now, please picture an apple. Notice all the details involved in the apple: coloration, shading, smoothness of peel, whether it has a fruit company sticker on it; if the stem is intact or not. Notice any imperfections on the apple? This is your apple, so picture it as you see fit. After all, you ARE in control.

Now, please picture **two** apples, this time.. Because you are in control please decide whether or not to make both apples appear identical or different from each other. *Since you're in control* and you have the power to make good choices, why not choose to go ahead and picture two more apples, now—FOUR apples in all!

Please color them any color you please.

Kindly select any **one** of the four apples. Using your powerful imagination, cause that particular apple to turn into a banana.

Imagine that you are floating out from your body. Move into the banana and imagine that you can see the three apples from the vantage point of the banana. *Cause your imagination to allow it.* Exercise those imaginative forces and become the banana. See the apples from the perspective of the banana, and notice how it feels to be the banana. Now cause the remaining apples to become bananas, too. See the other bananas, and *feel how it can feel to be the same.* Take in five slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"It's not necessary at this time to feel more and more relief, just now, but I just might, and that's okay."*

Float out of the banana and clear your mind.

Please create an apple. Intensely desire that the apple become a banana, but **THIS TIME resist** permitting the apple to change form. With half of your amazing will power, strongly desire to change that apple into a banana; equally, with the other half of your unstoppable will power

strongly RESIST allowing the apple to change into a banana.

Double the intensity of this conflict; stronger with each breath. Continue doubling *both the desire AND the resistance*, urgently desiring that the apple become a banana while denying the apple from becoming a banana. Do not permit it to change. **Remember, you are in control**, so control the apple. *FEEL how it can feel* to intensely desire change. *FEEL how it can feel* when change does not happen. *FEEL* how it can feel to deny yourself the changes you want to create.

Because you are in control, at some point during the next ten seconds **please choose when** to finally allow the change to take place—and the apple becomes a banana. Take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"It's not necessary to feel more and more in control with each cleansing breath—but I just might."*

Clear your mind and relax.

Picture yourself standing in a

crowded room at a social gathering. Imagine that everyone at the party likes you. *Feel how it can feel* to be liked by everyone at the party. Float over into the body of one of the crowd, and see yourself through his or her eyes. *Feel approval. Feel acceptance and admiration. Feel respected. Feel safe and secure.*

Take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *“I like these feelings and I want more of these feelings to come into my life—and I'm so glad.”* Slap on a big, silly grin and feel good now. You can. You're in charge.

Clear your mind. Relax and return your awareness to present place, time and location.

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number.

*Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free. ***END****

Technique #12 Vicarious Introspection

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

In your mind's eye, picture a ***benevolent being*** made of pure love and pure light. Kindness and *unconditional love* radiate from this being. Imagine that this being has the natural power to see inside of your mind, to know your past, and to *feel what you feel* at the deepest levels of your soul. There is nothing that you can hide from his trusted, safe, unconditionally-loving being. It doesn't want to judge you, and it only wants to comfort you. It knows you in every way—mistakes and all-yet, it offers you ONLY unconditional love and approval. Go ahead and *feel how it could feel* right now to meet such a Special Being.

Take in five slow, deep, cleansing breaths—adding aroma and if

possible, lifting your hands to the sky in agreement—and as you exhale slowly, say aloud or think the words: *“I could someday choose to accept perfect love and perfect understanding, always and in all ways.”*

Imagine being able to *see yourself through the eyes* of the benevolent being. Using the benevolent being's powers, look deeply inside of your soul and notice all that you find there. Consider every observable incident from your past where someone hurt you. Look deeper until you locate all the moments where you felt intense emotional pain, disappointment, or surprise. It's safe to feel those feelings, because the benevolent being has a soothing nature about It.

Take in seven slow, deep, cleansing breaths—adding aroma and moving your arms about in a powerful, positive way—and as you exhale slowly, say aloud or think the words: *“**Someday** I can choose to lay down the pain and scars from the past, and it will be okay.”*

Through the wise mind of this benevolent being, instantly know everything about you: your past, your present, and maybe even your future. Look deeply inside the fabric of your life and immediately locate any hidden problems, addictions, or unproductive habits that hold you back from taking your magnificent life to the next level of development. Take in nine slow, deep, cleansing breaths—adding aroma and shaking your powerful fist at the sky—and as you exhale slowly, say aloud or think the words: *"I forgive you, I release you; I love and accept you in EVERY way. Be FREE!!!"*

Imagine floating back into your body, and feel the unlimited forgiveness of the benevolent being, showering you with gentle, warm energies that purify you and wash you thoroughly to the core. **Feel free** to let go of even more emotion and trauma from the past, any time you choose; maybe even right now. *This is how the joy of tomorrow stems from today; in the present time.* **FEEL how it can feel** to become relaxed and in more control with each cleansing breath you take, any time you like.

Take in nine slow, deep, cleansing breaths—adding aroma and allowing

your shoulders to relax deeply with each breath—and as you exhale slowly, say aloud or think the words: *“I forgive, more and more. I release, more and more. I can decide when...I can choose when, and I feel better, fast.”* Why not go ahead and slap on a big, huge, wide, silly grin? It's your perfect right to feel better, now.

Picture those whom you may have wronged in the past, and float into them so that you can see yourself through their eyes.

Through their eyes, forgive yourself. Flood your body with warm energy and feelings of forgiveness. *Feel them forgiving you*, letting go of even the oldest anger or upset. Feel free.

Please take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words:

“I could choose to feel how it feels to break free and let go, more and more.”

Sometimes, the greatest gift we can give ourselves is the gift of loving forgiveness and freedom.

Please clear your mind. Relax and return your awareness to present place, time and location.

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number. ***Ends***

Technique #13 Alternate Outcome technique

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

Think about a challenge in your life. We'll refer to this as **XYZ**. Think about the worst possible outcome relating to this XYZ challenge, and see it playing out like a movie in your mind's eye. Go ahead and *feel the way it feels* to concentrate on XYZ and how it bothers you. Take notice of where in your body you most strongly feel those negative sensations.

Now, **rewind the mental imagery**. Create a positive, alternative outcome and play it out as a mental movie. *Feel*

how this difference can feel.

Double those positive feelings. Take notice of where in your body you most strongly feel those new positive sensations.

Please take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"I can claim the power to change whenever I so desire, and that's perfectly fine by me."*

Clear your mind.

Recall a time when you've experienced physical or emotional trauma. See the event play out as a movie in your mind's eye, and take notice where in your body you experience the sensations. Please take in nine slow, deep, cleansing breaths—adding aroma and relaxing your shoulders with each breath—and as you exhale slowly, say aloud or think the words: *"It isn't necessary to feel very safe right now, but I JUST might—a little at a time—beginning to notice feelings of safety, certainty, and appropriate control."*

Now, rewind the mental imagery and this time imagine the best

possible outcome, instead.

Run this *NEW* and improved mental movie all the way through, like a full-color mental record. Rewind it, and this time add light and sound as you play it again. Add happy music. Play it all the way through. Next, rewind the movie instantly, and play it back at high speed. Play the mental movie backwards and forwards, *faster and faster*, as you continue to control it.

Please slap on a huge, silly grin; **add deep breathing and aroma** as you watch the new and improved mental movie, over and over again, faster and faster. Please take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"I claim my perfect right to choose."*

Rewind again, and play it through. Please take in three slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"I claim my perfect right to more control, and I deserve it."*

Rewind again, and play it through. Please take in five slow, deep, cleansing breaths—adding aroma—

and as you exhale slowly, say aloud or think the words: *"I can choose to feel safe and secure, loved, and in greater control."*

Please clear your mind. Relax and return your awareness to present place, time and location.

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number.

Ends

Technique #14 Alternate Outcome technique

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

Think about your XYZ challenge. Create any imaginary symbol to temporarily represent *how you FEEL about your challenge*. In your mind's eye, look at the symbol – whatever it may be – and *feel those feelings that come to mind*. Look at the symbol and feel the

feelings. Imagine the symbol growing twice as large, and now feel those feelings *growing TWICE as strong*; vivid; intense. Now, shrink the symbol down smaller and smaller, *down...down...down*, to the size of a very small pebble.

Just for now don't let go of the pebble, but slide it over to one side in your mind's eye. Just for now, don't let go of your pebble, but slide the *tiny, tiny pebble* over out of your way. Please take in three slow breaths—adding aroma—and as you exhale allow your body to relax more and more. Letting go more and more. Good.

Don't *forget about your tiny pebble just yet*, but go ahead and imagine a giant lemon. See the giant lemon, glistening in the light? Recall how a lemon can taste, and imagine that you can taste the lemon's juice, even now. Next, use your strongest imagination to cause the lemon juice to taste like ordinary water. Imagine how it could taste if bitter lemon juice tasted just like ordinary drinking water.

Next, imagine a glass of ordinary water, but use your powerful mind to cause the water to *taste like bitter, bitter lemon juice*. Please take in three slow

breaths—adding aroma—and as you exhale think or say aloud: *“I’m good enough and strong enough. I can win.”*

Next, imagine how it could taste if water only tasted like ordinary water, and say aloud, *“What’s right is right. I’m perfectly capable of learning how to win.”*

Clear your mind.

Please picture an apple and let that apple temporarily represent *how it can FEEL to FEEL* happier and healthier with each breath. Why not take a few moments to breathe in even MORE happiness and health; *giving yourself permission* to improve in every way?

See the apple in your mind’s eye, and allow the apple to become red. Now, imagine how the apple could taste. Next, imagine touching the apple. Next, imagine smelling the apple.

Clear your mind and picture a very bright, vivid green light for only a few seconds. Clear your mind and relax.

Please take in seven slow, deep, cleansing breaths—adding aroma—

and as you exhale slowly, say aloud or think the words: *"Happiness and health come to me quickly and easily!"*

Clear your mind. Imagine being able to taste an apple *simply by touching it.*

Please take in three slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"I can choose to quickly and easily accept health, happiness, love, and lasting peace of mind. Yes, I can."*

Clear your mind. Imagine being able to feel an apple simply by looking at it. Touch through sight. *Go ahead* and touch an apple simply by looking at it. Picture yourself touching an apple simply by looking at it. Please take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"It isn't necessary at this time to feel happier and healthier with each new breath...but I might."*

Clear your mind and relax. In your mind's eye, go ahead and recall your tiny pebble symbol. It's okay to let it go, now. Using your powerful imagination, *toss it* into the sun where it becomes vaporized into

nothingness...POOF! It's gone.

Now, bring back the tiny pebble if you can. Once again, *toss it* into the sun where it becomes vaporized into nothingness...POOF!

Now, restore it. *Toss it* out to the outer reaches of the universe. Now, instantly bring it back. *Toss it* into the deepest depths of the mighty ocean, where it sinks *down, down, down* into the crushing depths below. Instantly bring it back. You see, **you can control** it.

Take three slow, deep, cleansing breaths—adding aroma—and as you exhale, think or say aloud the words: “*I CAN take more control, even right now.*”

Clear your mind.

Recall *how it can feel* to feel hot. Recall *how it can feel* to feel cold. Picture yourself floating out of your body and directly into the tiny pebble-sized symbol. Now see your body throwing the tiny pebble-sized symbol into the sun, *and this time float along with it* on the journey. Remain cool, but allow yourself to imagine the

experience and sensation of being vaporized by the sun—instantly **purifying and deeply cleaning away** all negative emotions, bad feelings and fear in one powerful, *brilliant* flash!

Now, restore yourself and the tiny pebble symbol. Fly right on through the sun once more, **cleansing** your soul of all negative attachments, guilt and trappings. Restore yourself and the pebble, and then fly through the sun once more...**washing away** all the binds that tie you to the past. It's gone. That was then. Old news. Moving on. Moving forward. Releasing more and more...letting go of that old stuff, more and more, even right now.

Let the powerful, purifying energy of the sun cleanse you through and through. Please take in fifteen slow, deep, cleansing breaths—adding aroma and shaking your fist to the sky—and, as you exhale, think or say aloud the words: *“Letting go, more and more, even right now...yes, I can.”*

Clear your mind. Relax and return your awareness to present place,

time and location.

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number.

Ends

Technique #15 Loving Creator

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

In your mind's eye, picture a brilliant, white light. Become the light. Use your imagination to picture a black, empty void. This vast, empty void becomes space where you can create wonderful things.

In your mind's eye, begin to imagine all sorts of creations, from vast galaxies to tiny planets. Fill this enormous, black space with all sorts of creations. Remember to HAVE FUN with this, and let yourself go!

Include planets capable of supporting life. Create them in any color you so choose. Use your imagination and **dare to be** as creative as possible. Fill your planets with all sorts of life: plant vegetation, animals on land and in the sea. Tall ones; short ones. Color them any way you so choose, and *feel how it can feel to create great things.*

In your mind's eye, create intelligent life forms on your planets. Create some in your own image, and look after them. Give them Free Will and love them with a wild, crazy, senselessly beautiful sort of love; an all-accepting and totally forgiving kind of love. True love. YOUR love.

Create a simple rule for them. Imagine them violating your rule. Go ahead and forgive them, and FEEL the way it can FEEL to offer such forgiveness and love. What a perfect kind of love! Please take in eleven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *“My love transcends all understanding. You don't have to deserve my love; I simply, deeply, truly love you—always and in all ways. Just Be.”*

In your mind's eye, imagine that your new life forms love you and adore you. ***Feel how it can feel to be loved and adored*** because dared to love others. Go ahead and offer love and forgiveness to your creation. Unconditional love is pure love, so offer it freely and without expectation. Notice how hard it can be for your creation to *contemplate* your divine and perfect love for them—after all, *they still think* they have to earn your care and devotion.

Picture your beloved creation slowly falling prey to the *Great Lie* that tells them to fear loss. Notice a great falling away as more and more turn to the shadows of fear and loss. Feel how it can feel to lose the love of your beloved creation. Notice the sting of distance and lack of trust? It isn't that they no longer care about you; the *Great Lie* has blinded them.

Is there no help to be had?

Please take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words:

“The fears of my past can no longer determine my future!”

Instantly, bring back light to all of your creation, and love it even more so than before; a silly, crazy kind of love that defies all understanding! Begone, *Great Lie!* Please take in five slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"I choose to love...I choose to give. Even now, I Can Be Free!"*

Clear your mind. Relax and return your awareness to present place, time and location.

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number.
ENDS

Technique #16 Elemental **Cleansing**

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

In your mind's eye, see yourself

standing in a lush, green field. Feel the gentle winds blowing from afar. Feel the warmth of the sunshine overhead. Listen to the gentle flow of a nearby stream.

Think of a symbol to temporarily represent your XYZ challenge and the way it makes you feel.

Picture the symbol for XYZ becoming swallowed up by the ground nearby, becoming buried under twenty feet of soil and rock. Imagine the symbol for XYZ being dragged underground over countless tons of rock and soil, dirt and debris, scrubbing out from XYZ all of the emotional pain, anger, hostility, frustration and upset. Scrubbing more and more, the earth cleanses XYZ.

Please take in five slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *“Earth, the symbol of stability and fortitude, cleanse me of the adversity of XYZ.”*

Picture the symbol for XYZ being taken up into the blazing glory of the sun, where fire burns away the emotional pain, anger, hostility,

frustration and upset. Cleansing and releasing, more and more, as XYZ loses its ability to upset you. Letting go.

Please take in five slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *“Fire, the symbol of refinement and purification, remove the bad and enhance the good.”*

Picture the symbol for XYZ being carried by the four winds, blowing ever higher as it experiences the lofty heights of the world. As the gentlest springtime breeze cleans and refreshes the home after a long, dark winter, so these winds clean and refresh the symbol for XYZ—removing the bad and leaving only soothing peace of mind.

Please take in five slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *“Air, the symbol of cleansing and renewal, freshen and make whole the emotions surrounding XYZ.”*

Picture the symbol for XYZ descending down into the blue,

endless ocean below. Soothing, cool water cleanses and washes away XYZ, leaving no trace of fear or upset. Picture the symbol being washed upon the crashing waves of the mighty ocean, floating and flitting about. Letting go, more and more. You have the power to choose; choose happiness and peace.

Please take in five slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *“Water, the sustainer of life, restore me and let me be free.”*

Clear your mind.
Relax and return your awareness to present place, time and location.

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number.
ENDS

Technique #17 Increased
Confidence

Please take a moment to run a potency rating on your problem, issue, or challenge (XYZ) that you wish to process down using this reduction technique. Be sure to jot down your rating for later comparison. By benchmarking your progress you can see AromaNetix working for you in real-time.

In your mind's eye, visualize a soft, golden light. Enjoy ten slow, deeply relaxing breaths—safely adding aroma with each inhalation—and allow your shoulders to become more relaxed with each breath.

The golden light moves close to you, finally enveloping you fully. Imagine the feelings of peace, certainty, and calmness washing over you, filling you with healing and abundance where before there was lack or hurt.

Take in seven deep, cleansing breaths—adding aroma with each inhalation—and feel how it could feel if you radiated confidence, certainty, control, and success. Double those feelings repeatedly until confidence radiates from you like a brilliant white light. Breathe in aroma and imagine how it could feel to vibrate in a powerful, pulsing wave of

unstoppable confidence. Take in seven breaths, with aroma, and each time you exhale think or say positive, assertive phrases such as:

“I could choose to feel this way every moment of every day!”

“I don't have to feel unstoppable with each breath, but I might!”

“I can experience power, security, and confidence everywhere I go!”

“I know my true worth; I know my value and I accept nothing less.”

“I can choose to say YES to every gift the Universe offers to me!”

“I can't wait to feel twice as confident, twice as powerful as now!”

“I create solutions in the world, and I can't wait to show them all!”

Take a moment to savor these powerful emotions, and then clear your mind as you return your awareness to the present place and location. Allow your shoulders to hang loose and limp. You are safe. You are whole. You are learning how to be your True Self. Be free.

END of Technique

Technique #18 Self-Forgiveness

Enjoy seven slow, cleansing breaths, adding safe aroma as you inhale. Recall the emotion of love and focus on the feeling in your body. Double the feeling of love until you can imagine it pulsing within you.

Take in nine breaths, with aroma, and each time you exhale think or say positive, assertive phrases such as:

“I. Am.”

“I am here. I am now. I am aware.”

“I can be.” “I am being.” “I have been.”

“I can choose to love again. I can choose.”

“I can accept myself, more and more, and I get to decide.”

“It isn't necessary to start to deeply love myself more and more.”

“I can choose to love and forgive myself; I get to choose when.”

“I am able to feel loved, appreciated, and needed right now.”

“It is possible to love and accept myself, even right now.”

Imagine a bright red light. Whenever you imagine this red light, flood your body with the feelings of love and acceptance. Let's try it now.

Look at the red light...and allow those feelings to sweep over you.

Look at the red light...and feel the feelings of self-approval and love.

Look at the red light...and feel loved and loving.

Look at the red light...and recall how it feels to like yourself.

Look at the red light...and recall a time when you did something funny.

Look at the red light...and return to a time when you felt accepted.

Look at the red light...and love and accept yourself in every true way.

You're worth it.

You deserve it.

Look the red light, and breathe in five wonderful breaths with aroma.

Take a moment to savor these powerful emotions, and then clear your mind as you return your awareness to the present place and location. Allow your shoulders to hang loose and limp. You are safe. You are whole. You are learning how to truly love, forgive, and accept yourself. Be free to be yourself.

END of Technique

Technique #19 Attracting More Money

Enjoy seven slow, cleansing breaths,

adding safe aroma as you inhale. Recall the feeling of receiving money. Imagine having money in your hands. Notice how it feels inside when you receive extra money? Instead of denying the great feelings that arise whenever you get paid, why not go ahead right now and **amplify** those feelings by TEN times? Twenty times? Fifty times? Let's be bold...one HUNDRED times?

Maximize the feeling of payday, plus! Feel the cash money crinkling in your fist. Vividly imagine the smell of real money in your hands. Hear the sounds of cash in your hands. Feel the way extra cash feels in between your fingers. Visualize wads of extra cash in your hands—all just for you—and feel the way it can feel to suddenly come into extra cash money.

It's perfectly fine to imagine these feelings IF it is performed for your benefit. This is how we communicate our desires to the subconscious mind, by immersing ourselves into the desired experience fully and emotionally—adding safe aroma as we do so.

Recognize the positive feelings that having extra money can bring.

Extra money can mean security, food, shelter, warm clothes and saving for the future. Extra money in your fist right now can mean shopping for things you've gone without for far too long. Extra money crinkling in your hands right now can buy medicine, health care, braces for your children; savings for a college education.

Extra money, coming to you in surprisingly fun and creative ways, can mean a sense of certainty that you will not go wanting; it can mean leisure or a much-deserved vacation abroad. Wouldn't you love a quality massage about now? Extra money buys that and far more.

Extra money helps to end the nagging phone calls. Extra cash money in your hands right now can mean charitable donations to support your favorite worthy causes. Give, and feel the love that comes from giving freely and without worry or want.

Think of the lives that you could touch with the extra cash money in your hands. You help others when you help yourself, you see. Feel good about money. Feel good now. You can

make an even bigger difference in the lives of those less fortunate, simply by blessing yourself with the permission to receive an abundant and increasing flow of cash money and other income; even if you don't know “how” it will come into your life.

Money is simply a reward given in exchange for value. Allow your powerful subconscious mind—that untapped 90% of your creative mental energies—to provide creative and workable ways for you to add real value to the lives of others while getting paid for your services. Give yourself permission to expand your income circle.

You've already learned the lessons of financial struggle; maybe you learned those lessons in your youth and have since moved past them. Remember, the purpose of human life is to gather life experiences that contribute to your individual spiritual growth. One experience that almost all people learn is “what it feels like to struggle for money”. If you know what it feels like to lack the money you want or need, then you **HAVE ALREADY** completed this life experience lesson, and may now freely

allow yourself to advance to the next lesson: “what it feels like to have plenty of money”.

Give yourself permission to “graduate” from the former lesson of hardship and lack. Allow yourself to take on the new, exciting, and fresh life lesson that will instruct you how it can feel to have an abundance of money and resources for your every practical use. The shift is that simple; use reduction techniques if any part of you resists this simple advancement. You see, once you have experienced a negative life lesson it no longer becomes necessary for you to re-experience similar events; **you** have already gathered that negative experience and **may now advance** to another life lesson. Didn't anyone ever tell you that you do not need to keep experiencing pain and suffering, over and over in a cycle of pain and frustration? You can allow yourself to experience greater things once you shift your life assignment to a higher frequency, so to speak. One experience is usually all it takes. So, “graduate” from negative experiences and move on—your amazingly powerful life awaits!

Take in nine healing breaths, with aroma, and each time you exhale think or say positive, assertive phrases such as:

“Cancel the need to struggle financially in life. I've **experienced that already**, and I am NOW ready to experience prosperity and abundance as my new life lesson.”

“I have completed the life assignment of struggle and now accept the new assignment of abundance and security. Thank you!”

“Even though I still hold onto thoughts of lack and fear, I can choose to release my former life assignment and embrace financial abundance.”

“I might choose to allow more money into my life, right now.”

“I can believe in attracting an extra penny into my life.”

“I can believe in attracting an extra nickle into my life, right now.”

“Even though it still feels false, I am really bringing more money into my life experience, right this moment.”

“It is my intention to attract to me the sum of \$_____ within the next ____ days, and I don't even care

HOW it gets to me, because I am SO GLAD to know it's coming quickly.”

“Even though I don't always feel I deserve my financial abundance, the money and ideas are quickly coming to me; thank you!!!”

Imagine a bright green light. Whenever you imagine this green light, flood your body with the feelings of financial security and abundance. Feel the way it could feel to actually have the money right now.

Look at the green light...and feel free from worry about money. Yes.

Look at the green light...and love yourself deeply and without reservation.

Look at the green light...and cherish the way it feels to let go of worry.

Look at the green light...and feel excitement as you realize it's really starting.

Look at the green light...and laugh at caring about *how* the money is coming.

Look at the green light...and place a HUGE, silly grin on your beautiful face.

Look at the green light...and feel the way it can feel to be free of money troubles, once and for all.

Look the green light, and breathe in five wonderful breaths with aroma.

Take a moment to savor these powerful emotions, and then clear your mind as you

return your awareness to the present place and location.

Be free to change your life assignment and permit more money to come.

*****END of Technique*****

Technique #20 Learning to Love Yourself

Enjoy seven slow, cleansing breaths, adding safe aroma as you inhale. Recall the emotion of love and feel it deep within your body. Hold.

Picture yourself standing in cold, lonely shadows. See yourself needing love, understanding, and acceptance. Picture yourself standing alone in the shadows, and notice that tears begin to form in your eyes. Feel how it can feel to need love; how it can feel to crave understanding and acceptance.

Take in nine breaths, with aroma, and each time you exhale think or say positive, assertive phrases such as:

“I. Am.”

“I am here. I am now. I am aware.”

“I can be.” “I am being.” “I have been.”

“I can choose to love again. I can choose.”

“I can accept myself, more and more, and I get to decide.”

“It isn't necessary to start to deeply love myself more and more.”

“I can choose to love and forgive myself; I get to choose when.”

“I am able to feel loved, appreciated, and needed right now.”

“It is possible to love and accept myself, even right now.”

Imagine a bright red light. Whenever you imagine this red light, flood your body with the feelings of love and acceptance. Let's try it now. Look at the red light...and allow those feelings to sweep over you.

Look at the red light...and feel the feelings of self-approval and love.

Look at the red light...and feel loved and loving.

Look at the red light...and recall how it feels to like yourself.

Look at the red light...and recall a time when you did something funny.

Look at the red light...and return to a time when you felt accepted.

Look at the red light...and love and accept yourself in every true way.

You're worth it.

You deserve it.

Look the red light, and breathe in five

wonderful breaths with aroma.

Take a moment to savor these powerful emotions, and then clear your mind as you return your awareness to the present place and location. Allow your shoulders to hang loose and limp. You are safe. You are whole. You are learning how to truly love, forgive, and accept yourself. Be free to be yourself.

END of Technique

Technique #21 Come Together

In your mind's eye, picture two kind strangers striking up a close, personal conversation with one another. Allow yourself to feel their happiness and sense of connection. It's okay to make connections at a deeply human, personal level, and that's wonderful.

Please take in eleven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"We are all one and the same...one life, one love, and one mind. I'm finally breaking free, and it's really okay."*

Clear your mind. Relax and return your awareness to present place, time and location. It is finished.

Good. ***ENDS***

Quickly, now. Use the Potency Scale to rate an after rating, and write down your new number.

Technique #22: Clearing away shame and guilt

Enjoy seven slow, cleansing breaths, adding safe aroma as you inhale. Recall the emotions of shame or guilt, or think about times when others have shamed you or made you feel guilty. In your mind's eye, create a symbol to temporarily represent the feelings of shame and guilt in your life experience.

Take in nine breaths, with aroma, and visualize the symbol that temporarily represents shame and guilt from your life experience. Imagine a being of purest light appears beside you, and in a gesture of love takes hold of the symbol, draining away more and more of the guilt, the shame, the fear, and pain, and all remaining negative feelings, until only LOVE shines through. Take your time and savor this blessed being of light, sent from the Highest for your aide and healing.

See how the temporary symbol has become transformed; now it holds an overflowing abundance of purest love and complete acceptance of self.

Take in seven SLOW, relaxing breaths, with aroma, and visualize the being of light returning to the Most High, taking with It all the negative energies that formerly occupied you and the temporary symbol. Feel those energies being pulled from you by an irresistible force of healing and forgiveness. Breathe your aroma and release.

Because you're worth it.

Because you deserve to have a rewarding life experience, too.

Because you are a child of the ALL.

Because you are worthy, accepted, and greatly loved.

Because you are assured victory and a place of bliss.

Because you deserve the light of happiness.

Because you know how to love yourself and others; it feels good.

Because you have the ability, right now, to release even MORE feelings.

Because you matter.

END of Technique

Technique #23: Getting Clear on Money

Enjoy seven slow, cleansing breaths, adding safe aroma as you inhale. Think about the subject of money and all that money entails. In your mind's eye, create a symbol to temporarily represent any negative feelings that you harbor regarding money, those with money, or anything surrounding money.

Take in nine breaths, with aroma, and visualize the symbol that temporarily represents negative feelings regarding money. Using your powerful imagination, transform the symbol about money into a sheet of paper. Rip the paper into shreds, over and over again, and place a huge, silly grin on your face with each rip. Its okay to feel better as you rip, by the way. Keep ripping!

Look at the pile of ripped, shredded paper. Using your

imagination, create a stick and stir up the shredded paper so that it can never go back the way it was before you shredded it. Mix up all the little pieces, swirling them around and around. Keep swirling and mixing.

Take in seven SLOW, relaxing breaths, with aroma, and visualize the shreds of paper attempting to go back together. Allow the paper shreds to try to reassemble, even though they cannot. Feel a little pity for the paper shreds, because try as they might, they simply can never go back to hurting you again (and that's really okay, you see).

When you're ready to release, send the paper and shreds flying into the sun, where they are instantly burned away for all time. POOF!

Clear your mind and relax. Restore your focus to present orientation, location, and time.

******END of Technique******

Technique #24: Removing
Feelings of Selfishness

Enjoy seven slow, cleansing breaths, adding safe aroma as you inhale. Think about being made to feel selfish for wanting more from life. Think about wanting more, better, or different experiences in your life, and realize how unfair it is for anyone to make you feel guilty or selfish for wanting to change your own personal life experience. After all, when you improve your life then you can contribute even more time or money to good charitable works.

Think about how very happy someone could feel if you helped them with extra money or other assistance that came from attracting greater abundance into your life. Take three cleansing breaths, with aroma, and magnify those feelings of happiness, love, and giving. Feel the joy the other person could feel, all because you cared enough to attract more abundance into your life, right now.

In your mind's eye, picture someone receiving financial help from you. It is little concern to you, because you had the forethought to allow greater material wealth into your life, and you feel that there is plenty to

share with those in need. See and feel the gratitude and joy springing up from the individual receiving your help. Feel how it can feel right now to be able to easily help others while creating greater abundance in your own life experience. Doesn't it feel good? Yes.

Clear your mind and relax. Restore your focus to present orientation, location, and time.

******END of Technique******

Technique #25: Distorted Mental Movie

Think about someone who would laugh at your desired goal. Why do you suppose they would laugh at your dreams? Picture them laughing it up at your expense, ridiculing your hopes

and dreams. How does that make you feel? Check your feelings for negative emotional potency; write down any rating over a “3”. Process those own using reduction techniques, one of which includes the following:

Think about the potent feeling that you are working to reduce away. Create a mental movie about that bad feeling, only include ridiculous, comedic circus music as you review the movie. Create pulsing lights: red, green, yellow, purple, white...whatever you can imagine, flashing all throughout the mental movie.

Focus on that mental movie about the bad feeling, but keep the distractions going, too (lights, music). Add some circus animals wandering around, looking for extra snacks. Add a farmer on a tractor, driving by and looking at all of the zany antics going on in the movie. Keep on picturing the movie, the silly music, the flashing colored lights, the wandering animals, and the farmer on the tractor—keep those images and sounds working in your movie—only THIS TIME, watch your mental movie backwards

and at triple speed! Go, go, go!!!

Take in seven deep, relaxing breaths; allow your shoulders to fall lower and lower with each exhalation. Once finished, take in three more breaths (adding aroma this time), and release more and more emotional potency; shaking it off, letting go, more and more, just because you can.

Clear your mind of all the wacky details and relax; restore your attention and focus to the present surroundings and location. Just be.

******TECHNIQUE ENDS******

**Technique #26: Aromatic
Affirmations**

Condition your unconscious mind to believe and accept that you CAN accomplish your intended goal; that you CAN attract what you want using the LOA. This is done by using affirmations mixed with aroma; feel free to customize the affirmations to better suit your style and beliefs. Use

these often each day; the more the better.

Create the feeling of already having received your goal. Learn to flood your body, head to toe, with that feeling. Think of it as an energy, and your thoughts direct where it goes throughout your body. Some choose to picture it (and feel it) as though the feeling were a golden ball of light-energy. Whatever it takes, get into the strong emotional state of already having received that which you desire to attract into your life path. FEEL how it would FEEL if you already had it, now.

Create short, direct affirmations and speak them while FEELING GOOD, (followed immediately by three sniffs of aroma).

Examples:

“I just got (your goal) and I love it!!!” (3 sniffs)

“This is how it FEELS to get (your goal).” (3 sniffs)

“I just received (your goal), and I'm Really GLAD!!!” (3 sniffs)

“I can ask for another (goal) because I attract things to me. (3 sniffs)

“See? I'm totally SAFE with (your goal), and it's all right! (3 sniffs)

“I deserved more in life, and it happened almost immediately! (3 sniffs)

"I am an attraction magnet. I deserve (your goal) and it's SAFE! (3 sniffs)

"When I get more, I can give more and help others." (3 sniffs)

"When I receive money, money can flow through me and help others." (3 sniffs)

"Just because I get what I desire, I'll ask for (your goal), and I'm GLAD!" (3 sniffs)

"I can help SO MANY people after I receive even more abundance! Yes!" (3 sniffs)

"I am attracting (goal) immediately and easily to me, and I LOVE it!" (3 sniffs)

Technique #27: Have FUN With This

So often we place unfair demands upon our *Law of Attraction* work, be it out of impatience or overwhelming need for it to "work" immediately. This is wrong. The result of pressure upon your LOA efforts is always failure, because you change the recipe through your emotions (and the outcome always reflects your emotion-directed expectation of negative results). How can this be avoided?

HAVE FUN WITH IT!!!

Practice this million-dollar phrase:
“Wouldn't it be FUN if...”.

Wouldn't it be FUN if I attracted
\$3,000 per month extra income?

Wouldn't it be FUN if I experienced
use of a brand new car?

Wouldn't it be FUN if someone
offered me a great new job?

Wouldn't it be FUN if I met someone
trust-worthy, loving, and kind?

Wouldn't it be FUN if I received a call
or email from an old friend?

Wouldn't it be FUN if I could
vacation near the beach, for FREE?

Wouldn't it be FUN if I received a
surprise gift this week?

Wouldn't it be FUN if I found a great
parking space?

Wouldn't it be FUN if I received an
unexpected check in the mail?

Wouldn't it be FUN if I received a
new piece of jewelry?

Wouldn't it be FUN if I could help
the less fortunate in a big way?

Wouldn't it be FUN if I could donate
more to worthwhile causes?

Wouldn't it be FUN if I met

somebody famous in the next 30 days?

Wouldn't it be FUN if I found the perfect house in the next 30 days?

Wouldn't it be FUN if I made a sweet child smile and laugh?

Wouldn't it be FUN if I found the perfect pair of shoes on sale?

Wouldn't it be FUN if I received recognition for my hard work?

Wouldn't it be FUN if my family remained safe, healthy, and happy?

The million-dollar phrase activates the *Law of Attraction* by the way it is worded; it takes all the negativity out of the recipe by simply asserting “THIS would be FUN to experience!!!”

Make up your own statements and use them often throughout the day, sniffing aroma and FEELING GOOD as you repeat the powerful words and speak your assertion into forthcoming reality.

How often should you use this technique?

Repetition does not hasten the outcome, so use the technique only enough times to quell any fear or worries about the outcome that may surface from time to time. If the concerns are too strong or persistent, use your favorite AromaNetix reduction techniques and shrink those potencies down below a “2”.

Technique #28: The Attitude of Gratitude

The force that puts the LOA into operation, bringing into your life experience whatever you focus upon with expectation, is a powerful force that is ever-present and always working. This force—creative energy, if you will—functions with the same indifference toward human intention as electricity: *it works for good or for bad purposes, with equal regularity.*

Therefore, when I speak of gratitude please understand that your feeling of gratitude is not an attempt to please some creative force (and therefore influence the outcome of your LOA experience). The LOA

works for bank robbers, brain surgeons, priests, and bank tellers with the same constancy.

In using the LOA, the purpose of gratitude is to create within your emotion bank a certainty that what you have received in the past is safe—*so safe, in fact, that you are exceedingly grateful* that it was brought into your life path for growth and experience. The emotion bank begins to recognize that it is safe to permit future manifestations from the LOA into your life path, because of how happy and grateful they made you feel in the past.

Gratitude simply tells your emotion bank that it is SAFE to receive blessings from the universe. You may feel grateful for what you have been given, AND you may feel grateful IIN ADVANCE for your LOA goals.

GRATITUDE PHRASES

Please simply repeat after me:
“I’m grateful for...”

I’m grateful for experiencing extra cash money when I want it.

I’m grateful for meeting friends and

helpful people.

I'm grateful for experiencing love, romance, and affection.

I'm grateful for being led directly to a great, new job.

I'm grateful for dozens of new clients every month.

I'm grateful for opportunities to make thousands of dollars, fast.

Make up your own gratitude statements, both for your *Law of Attraction* goals and for similar blessings that you have received in the past. Flood your emotion bank and body with strong feelings of gratitude—even feeling the emotion sliding up and down your spine as a golden ball of powerful creative energy—as you speak these affirmations several times throughout your day.

How often should you use this technique?

There are no limits to how often you should flood your mind and body with feelings of gratitude. Be specific, be sincere, and be generous in your

gratitude, for you receive in life that which you are able to handle. Gratitude affirms to the universe: *“I can handle this (goal) and I am SO GLAD for the life experience it brings! Thank you, thank you, thank you!!!”*

Technique #29: Plug In to a Higher Power

The method of connecting your goals to your idea of a higher power is a powerful way to supercharge your LOA efforts, quickly. Remember, in working with attraction it is all about establishing a “flow”, from asking to receiving. Blockages, obstacles, and other fear-based resistances to your intended goals stop you from getting what you've patiently asked to experience.

The solution to whenever the LOA seems *stuck* is to get clear of any known or unknown blockages that may be holding back your ability to receive your goal. Known blockages, such as a strong dislike for paying higher taxes on increased earnings, can be reduced away using AromaNetix reduction techniques. Unknown blockages present a problem: how do you reduce away something that you cannot identify with any degree of specificity? One solution is to simply present it to your idea of a higher power, and ask for help in removing any blockages that may prevent reception of your worthwhile goals.

One method is to relax your body using deep breathing, relaxing thoughts, and aroma. Once in a state of deep calm, visualize yourself asking your higher power for help in this matter, specifically to remove any unknown emotions blockages that may be preventing you from receiving your intended goals. Flood your body with certainty that your higher power loves you and will aide you in this transformation.

Then, simply use nine deep, cleansing breaths, adding aroma, and with each exhalation offer words of thanks to your higher power.

Run this exercise as often as you feel the need.

There is no such thing as being too plugged in to Source, after all.

Technique #30: Accelerate the Process

For a moment think about your *Law of Attraction* goal from a different perspective, shifting from one of optimistic hope to a viewpoint of having already received your desired

outcome. This shift in perspective brings with it the power to accelerate your LOA work, after enough practice and once all blockages are properly removed.

Mastering the LOA takes practice, emotional work, and getting clear of obstacles. Someone new to the LOA cannot expect to consistently achieve her goals within minutes; like any skill, this secret human power requires practice in order to achieve success. Most of us did not emerge from the womb walking and talking, though with effort and determination we soon gained those skills. The same is true for using the *Law of Attraction*. Mastery of the power comes not from forcing external energies to bend to our wishes, but from an internal cleansing and purification to make us more able to receive the blessings that constantly surround us.

It is natural to wish to accelerate this process, and through the shift in viewpoint one may hasten the reception process by tricking the emotion bank into feeling safe about the intended goal (after all, if it

already happened and you feel SAFE, clearly it's all right to have the goal).

The process for this technique is simple: just go ahead and imagine that you already have your intended goal; it just arrived and you are having so much FUN because of it! By using your imagination to vividly experience the end result you can hasten your goal's journey into your life path. Imagine that the extra money you asked for arrived this morning. How did it come to you? How do you FEEL?

Add plenty of positive, thankful (grateful) affirmations, with aroma, and with each exhalation speak even more words of thanks. FLOOD your body with FUN...FUN...FUN!

Then...relax and let the universe do the hard work for you.

Technique #31: Make Ready

You've gotten clear about your intended goals; you've removed obstacles as best you could; you've clearly asked to receive your goals, expressing your desire in a FUN,

playful, *“wouldn't it be totally cool if...”* manner; you've expressed gratitude for your goals and for the blessings from the past; you've plugged in to your higher power; you've shifted your expectational viewpoint from lack to having already received your goals.

The last step in applying the LOA effectively is to make ready for the goal. If your goal is a new car, start thinking about when you could go get it registered, licensed, and insured. Start shopping for insurance rates on that make and model, today. Think about buying little things for it, such as cleaning products to keep the interior looking brand new. What about parking? Is there room for your new car? If not, clean out a space adequate to park your car—after all, it is coming, right? Better hurry.

If you aren't willing to make ready your life to receive that for which you've asked, the universe cannot see fit to bring it to you—after all, to deliver it to you now (while you are unprepared) would clearly create bother and hardship, and the universe NEVER wants to bring you harm.

Are you attracting someone special into your life? Begin making room in your social calendar for him or her. Begin to think in terms of where you could go on dates. Imagine what meals or desserts would be fun to prepare together. Think about how to involve him or her in your holiday plans, etc. Get prepared, because the universe is simply waiting on you at this stage of the process. The goods are on their way; make sure the receiving dock (your life) is clear and able to take delivery.